

DYNAMIC WARM UP A

GLUTE MEDIUS RAISES+SLEEPER STRETCH 2X10EACH

SUPINE BRIDGE W/ SINGLE LEG MARCH 2X5 W/5 SEC HOLD

ARM-HIP-KNEE CIRCLES X10 EACH

FIGURE FOUR X10

SPIDER+HAM+KNEE HUG X5EACH

INCHWORM+LUMBAR EXTENSION X5

HAMSTRING MARCH X10

LUNGE W/ T-MOB SERIES X4

ARMS BEHIND HEAD SQUAT X10

ANKLING 2X10M

BUTT KICK 2X10M

A SKIP 4X10M